

## Modifying Rules And Assumptions

**What is the rule (or assumption) I live by that I would like to modify?**

**How does this rule (or assumption) affect me in my day to day life?**

**What are the origins of this rule (or assumption)?**

Where did I learn it? What was going on in my earlier life that meant this may have been a helpful rule at the time?

**What are the advantages of this rule (or assumption)?**

**What are the disadvantages of this rule (or assumption)?**

**Is there an alternative to my rule (or assumption) that would be more flexible?**

This may take more words to express than the original rule. Is there a new rule (or assumption) that would allow you to get most of the advantages with fewer of the disadvantages? How can you put this new rule (or assumption) into practice?